

Salmon en Croûte

Savannah · 29/09/2024



Prep Time

1 hr 15 mins

Difficult

Medium

Servings

4

Description

Salmon en croûte is a deliciously tender salmon fillet wrapped in crispy puff pastry with a spinach and mushroom filling I like to serve it with a thin lemonmustard sauce and a side of rice or asparagus for an impressive Frenchinspired meal

Ingredients

- - 2 tablespoons olive oil
- divided - ½ onion
- chopped - 1 cup chopped fresh mushrooms - 2 teaspoons minced garlic
- divided - salt and ground black pepper to taste - 1 cup baby spinach - 1 tablespoon all-purpose flour
- or as needed - 2 sheets frozen puff pastry
- thawed - 1 (1 1/2-pound) boned
- skinned salmon fillet - ½ teaspoon smoked paprika
- or more to taste - 1 egg
- beaten - ½ cup mayonnaise - 2 tablespoons fresh lemon juice - 2 teaspoons Dijon mustard - ½ teaspoon dried dill

Instructions

1. Heat 1 tablespoon oil in a large skillet over medium heat. Add onion; cook and stir until translucent
2. about 5 minutes. Add mushrooms and 1 teaspoon garlic; cook and stir until mushrooms are soft
3. about 5 minutes. Season with salt and black pepper. Transfer onion and mushroom mixture to a small bowl. Heat remaining 1 tablespoon oil in the same skillet. Add remaining 1 teaspoon garlic; cook and stir until fragrant
4. about 30 seconds. Add spinach; cook and stir until wilted
5. 3 to 5 minutes. Season with salt and black pepper. Transfer to another bowl. Preheat oven to 350 degrees F (175 degrees C). Line a glass baking dish with parchment paper. Dust work surface with flour. Lay 1 puff pastry sheet out on work surface; spread onion and mushroom mixture evenly across pastry
6. leaving a 1/2-inch border. Center salmon on top; sprinkle paprika over salmon and top with wilted spinach. Cover with second puff pastry sheet. Fold over and crimp edges to seal. Brush top with beaten egg. Transfer to prepared baking dish. Bake in the preheated oven until pastry is golden
7. 40 to 45 minutes. Let cool briefly
8. then slice into 4 portions. To make the sauce: Whisk mayonnaise
9. lemon juice
10. Dijon mustard
11. and dill together in a small bowl. Spoon sauce onto 4 plates and place a piece of salmon en croûte on each. Tips You can substitute spinach with asparagus spears
12. and use 1 heaping teaspoon fresh dill instead of dried if preferred. Use esepette pepper instead of the smoked paprika if you can find it. If using a convection oven
13. bake for 30 to 35 minutes.